

Welcome to our first issue of **arbias.news** outlining current news and upcoming events.

We value your feedback so please email ...
enquiriesVic@arbias.com.au



The Deep

The Deep is a band formed by arbias service users who perform regularly at local events and festivals. The band has been together for over 10 years, rehearsing on a weekly basis to hone their skills and develop new sets. They have even started to write some original songs. Kristin is the arbias worker (a musician herself) who supports the band during rehearsals and performances. On Friday 18 March, The Deep performed for the 10th year in a row at the “Where The Heart Is” Festival—an annual festival that celebrates the positive contributions of community groups who are at risk of homelessness in inner metropolitan Melbourne. The festival incorporates live music, performances, creative arts and recreational activities.

TRAINING SCHEDULE

ABI Foundation Modules:
21 & 22 April

Details available from
Training Unit Coordinator
on 03 83881206

*“It has been a privilege to
play at the festival for the
past 10 years”*

- Members of The Deep



NDIS UPDATE — NSW

The National Disability Insurance Scheme commences rollout in NSW in July 2016. The following districts will be the first to be able to access NDIS from 1 July:

METROPOLITAN

Northern Sydney / South Western Sydney / Western Sydney

REGIONAL

Central Coast / Hunter New England / Nepean Blue Mountains / Southern NSW

arbias will be hosting a free information session in Ryde (Sydney) in late April for all interested parties in NSW. For further details or seat reservation phone arbias on 02 9644 2869.

NDIS UPDATE — Victoria

The Victorian rollout of the National Disability Insurance Scheme also commences in July 2016. The following districts will be able to access NDIS from 1 July 2016:

METROPOLITAN

North East Melbourne

Other districts in Victoria will follow later in 2016/17 year.

arbias staff took time to acknowledge **International Women's Day** on 8th March.

The 2016 theme was #PledgeForParity with a desire for all men and women to take concrete steps to achieve gender parity more quickly than the estimated 2133 timeframe.



Flexible Outreach Service

The arbias Flexible Outreach Service is a fee for service program that offers community based, outreach support to people with an ABI and high complex needs. Support can include anything from community access and engagement, assistance with health issues and support to maintain independent living (such as planning and organisation).

Anyone who is interested in accessing the program must be able to purchase the service (either through an individualised funding package or through private funds). Services can be offered from 2 hours per week to whatever the identified need of the individual may be. It is person directed and is based on the expressed goals of the individual.

"Client M", Flexible Outreach Service User, says...

With Flexible Outreach "I have been able to focus on my strengths and live as independently as possible."



Service User Compliments

"L" advised that she is very grateful for all the support arbias has provided to her over the past 4 years, especially with her housing, and that "arbias has helped her turn her life around" for which she is extremely thankful.

- conversation with staff member Feb 2016

"We as a family have had services from arbias in the past, which have always been really helpful and timely - a great combination."

- email from VC (family member) Feb 2016

For more information on the arbias Flexible Outreach Program, please contact **Information, Lifestyle and Capacity Building (ILC)** on 1800 arbias

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Upcoming Events

28 April — World Day for Safety and Health at Work

arbias is excited to host a Staff Wellbeing Day to encourage healthy living and diets.

arbias Ltd

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